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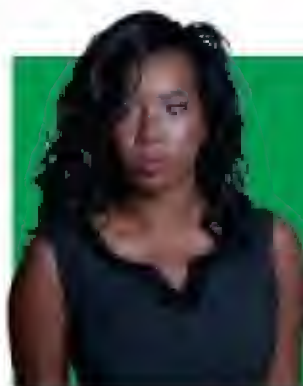
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The First Man I want Bill to be

Vicky Mochama hopes the role historically held by women will redefine masculinity **metroVIEWS**
What a Trump or Clinton win on Tuesday means for Canada **metroNEWS**

Winnipeg metro



TV's new stars:
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metroLIFE

Your essential daily news | MONDAY, NOVEMBER 7, 2016

High 9°C/Low 1°C Partly cloudy

Hendrix sports leggings she helped her mom, Cat Ferguson, design. CONTRIBUTED



INTRODUCING *A splash* OF CREATIVITY

Winnipeg mom transforms
her two-year-old daughter's
finger-painting into fashion

metroNEWS

Residents frown on consultant's return

ST. BONIFACE

City hall to decide whether to rehire firm on traffic plan



**Stephanie
Taylor**
Metro | Winnipeg

Not again.

That's the message dozens of St. Boniface residents are sending to city hall about its plan to go back to the drawing board and come up with a new plan to decongest traffic along Marion Street.

On Monday, the committee on infrastructure renewal and public works will deal with a recommendation to scrap a \$556-million plan to widen

Marion and build either a bridge or underpass near where it intersects with Archibald Street.

Traffic manager Luis Escobar authored a report that says that staff want to seek out cheaper and smaller options.

But members of the South St. Boniface Residents Association are vehemently opposed to seeing the same firm, MMM Group, facilitate community

consultations.

Their concerns were the reason that back in September, the committee voted to delay any decision until more thought was given to rehiring the same consultant for the work, which Escobar recommends.

"Almost a million dollars was spent on a study of a design that would have essentially devastated the area," wrote the association's Michelle

Berger in a widely distributed email to city councillors and media.

She underscores that only residents and businesses whose land was subject to expropriation were consulted, leaving out the rest of the area.

"Because no input was sought from the very residents and businesses that were considered unaffected by the city, an opportunity to tap into the

knowledge and living-experience of the area was missed."

Former committee chairperson Coun. Janice Lukes apologized to residents for what she called an "absolutely horrible consultation process."

At the time, public works department director Lester Deane said he did not believe the consultation was lacking, but acknowledged that residents thought differently.

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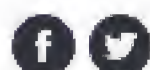
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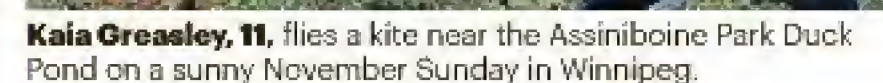
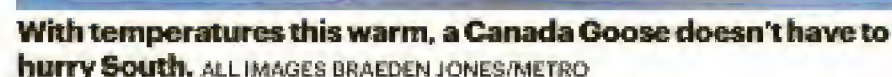
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A warm time in Winnipeg — and it's going to stay that way

Braeden Jones
Metro | Winnipeg

The daytime high temperature of 18 C beat the previous record of 16.7 C, which was set in 1975. Ten other long-standing high temperature records were beat around the province this

Sunday's day time high of 18 C beat Winnipeg's warmest day record of 16.7 C set in 1975.

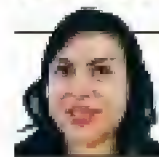


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Kids' art makes clothing pop

BUSINESS

Designer's daughter inspires new fashion line



Jessica Botelho-Urbanski
For Metro|Winnipeg

After a life-changing car crash in 2012 and her daughter's birth a few years later, a Winnipeg mom decided it was time to ditch her sales job and start a business she's passionate about.

Launched last week, Artified is a Winnipeg-based design company that transfers kids' artwork onto an array of clothing and accessories.

The current catalogue has 27 choices, from leggings and yoga pants, to scarves, kimonos, pillows, phone cases and more.

Cat Ferguson said her two-year-old daughter, Hendrix, inspired the project with her finger-painting finesse.

"I started with all of her artwork. Her handprint is actually my logo," Ferguson said in an interview at her studio at 618 Arlington, part of a burgeoning artisans' hub in the West End.

"Being a mom really inspired me...just finding something that I was passionate about. You go through such a change with having a baby where you kind of reevaluate who you are and how you want to move forward."

Part of the proceeds from each collection will be donated to local non-profits, the first one being Art City, a non-profit providing art programming in West Broadway.

Ferguson is prepping for onslaughts of holiday buyers, who can buy pieces with Hendrix's artwork splashed across them, submit their own art pieces to be customized onto goods or grab gift cards, all at artified.ca.



Another thing that's so wonderful is how proud the children get. They just get really excited to see their artwork printed on something. Cat Ferguson

The results are sure to leave kids feeling a sense of pride, Ferguson said.

"I think that's another thing that's so wonderful is how proud the children get. They just get really excited to see their artwork printed on something," she said.

"Creativity is just such a gift and I think that children should just be encouraged to be kids and be creative."

ABOVE: Cat Ferguson, who works out of a studio at 618 Arlington, is prepping for onslaughts of holiday buyers, who can buy pieces with her two-year-old daughter, Hendrix's, handprints splashed across them.

JESSICA BOTELHO-URBANSKI / FOR METRO



SHARING ECONOMY

Bunz trading app maintains small following in Winnipeg

A Canadian trading website and app is literally swapping one person's trash for another's treasure, to great success in Ontario and slower growth in Manitoba.

Brittany Paulhus, a Winnipeg woman who moved to Ottawa in January for work, likes the Bunz Trading app so much she's decided to use it exclusively for all her purchases during the month of November.

"Being a thrifty Winnipegger and really enjoying garage sales and things like that, I was all over it," she said by phone.

Paulhus, 25, said she'll pay for her rent and bills, but will swap her services and stuff for groceries and other necessities. She's sharing her experiment online using the hashtag,

#MonthOfBunz.

How it works is simple: Bunz users post items or services they want to trade or find on the group's website, app or array of Facebook groups, which pool users by city.

If you're ISO (in search of) something special, Bunz encourages bartering using anything but cash.

Within the first four days

of the month, Paulhus made eight trades and had seven trades pending.

Her homemade perogies has been the biggest hit so far, she said.

"Handmade items seem to go really quickly. I traded handmade perogies for this beautiful antique dresser — which I don't think is an equal trade value, but the other person

seemed really happy," she said.

The grassroots Bunz movement started in Toronto on Facebook, where it now has more than 58,000 members.

In Winnipeg, there are more than 600 members in the local Bunz Facebook group, but only about a dozen posts on the Bunz app as of this writing.

Paulhus is happy — and hopeful — she won't be break-

ing the bank this month.

"The worst offer I got was a can of beans. Someone offered me a can of beans for my services (in resumé editing) and I was like, 'I don't know. I went through a lot of training and I have some pretty decent skills,'" she said, laughing. "I like beans though, so it's not off the table."

JESSICA BOTELHO-URBANSKI/FOR METRO

5 THINGS TO WATCH AT CITY HALL THIS WEEK

From pigs to property development, there's plenty to pay attention to in local politics. **STEPHANIE TAYLOR METRO**



1 Pot-bellied pig

Winnipeg woman Emily Sydor is fighting an order from the city to get rid of her male pot bellied pig. The city's animal services agency says hogs are not allowed to be kept in the city under The Responsible Pet Ownership By-law. In a letter from August, Sydor states neither noise nor smell are issues and her immediate neighbours have made no actual complaints and "love his presence." The appeal hearing was granted a one month adjournment in October, and will be heard before Monday's committee on protection, parks and community services.

2 Growth fees working group details?

The public is still waiting on details on who will be appointed to a new growth fees working group. The group is to be comprised of up to nine industry members and one councillor. Their job for the next three years is to deliver advice to council on the city's growth fees plan, including whether or not to expand the levy onto new commercial, industrial and infill properties, and adjust the rates. Council will have to approve membership to the group, which is expected to get started on work this month.



3 Google wants city's traffic data

The city is being asked to share its traffic data with Google Inc., in order to join its Connected Citizen Program and Waze app. The program is being marketed as a "free, two-way traffic data exchange" that builds on Google's other efforts to collect real-time data from drivers. The type of information Google wants shared would be accident reports, road closures and incidents of traffic congestion the city collects through crews and 311.



4 Smyth to get sworn in

It's official. Winnipeg will have a new chief of police this week. Deputy chief Danny Smyth will be sworn in as the city's new top cop during a special ceremony on Tuesday. The 30-year veteran of the force and North End resident was accepted as the chosen candidate for the job by the Winnipeg Police Board at its most recent meeting. Smyth replaces Devon Clunis, who retired in July.

5 266 Graham to get shelter

City hall is one step closer to ridding itself of a mostly vacant Canada Post tower attached to its new police headquarters. A new report calls for the city to enter into a due diligence agreement with Shelter Canadian Properties Limited in anticipation of a new development plan for the 11-storey tower. Shelter was one of six respondents to the city's call for expressions of interest to sell or lease the tower, which was issued back in March.



TRAFFIC FATALITIES

Manitoba mounties blaming speed, alcohol for road deaths

Manitoba RCMP say last week was a deadly one on the province's roads.

Ten people died in collisions — a number RCMP say they don't want to ever see repeated.

The most recent collision Friday morning at an intersection in Thompson claimed the life of a 57-year-old man.

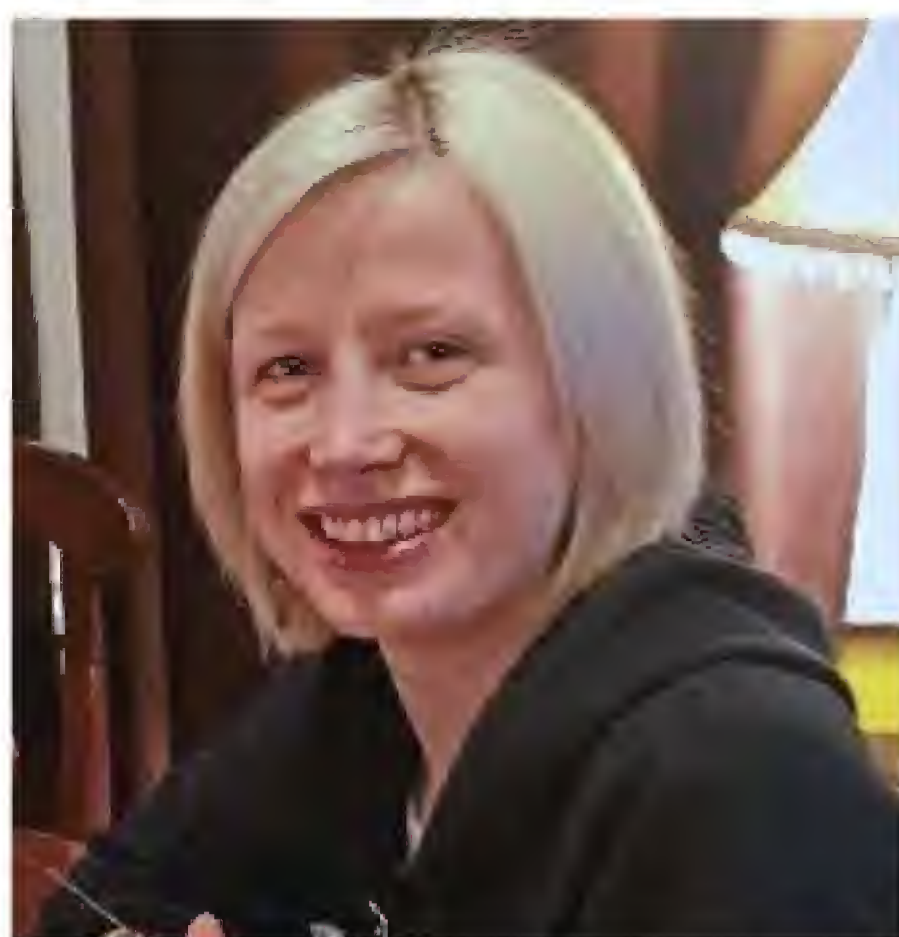
Mounties say half of those who have died this year in fatal collisions weren't wearing seatbelts.

In almost 50 per cent of deadly crashes, speed was involved while impaired driving was a factor in almost 40 per cent.

Chief Supt. Mark Fisher says drivers can expect to see more officers on the road handing out tickets as police focus on road safety.

"Manitobans know they must wear a seatbelt, yet our officers are responding to people being ejected from their vehicles on a regular basis. Speeding and impaired drivers continue to kill people at an alarming rate" Fisher said in a release Friday.

"We must all make a change to our driving behaviour or I fear the tragic loss of life on our roads will continue



Marlene Komus, 26, was one of the women killed in a head on collision on Highway 75 last weekend. **FACEBOOK**

... There is no excuse for what is happening."

RCMP say they are already charging more people with impaired driving, distracted driving and failure to wear a seatbelt.

The number of impaired

driving charges in October rose to 1,240 from 1,183 in the same month last year. Charges for offences including speeding and distracted driving spiked to 38,383 from 29,458 in October 2015.

THE CANADIAN PRESS

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Police fight for budget increase

LAW ENFORCEMENT

Outreach, cadets first to go if inadequate funds: Union



Braeden Jones
Metro | Winnipeg

There was a heavy police presence in many of Winnipeg's residential areas Sunday, but not for any specific emergency — unless the possibility of cuts to the police budget counts.

More than 100 off-duty police service members, cadets and other volunteers canvassed the city, which Winnipeg Police Association (WPA) President, Moe Sabourin, admits is in direct response to the threat of "deep cuts" he expects city council to consider during 2017 budget deliberations.

Sunday's door-knocking was part of the WPA's "neighbour to neighbour" outreach campaign, as are direct mail flyers, which are meant to arm the WPA with support from the citizenry to



Moe Sabourin, president of the Winnipeg Police Association, speaks to media Sunday.

BRAEDEN JONES/METRO

protect its budget.

"We're quite concerned," Sabourin said. "We've done surveys, we've done focus groups, so instead of having citizens

come to us we're getting out to citizens to find out what they really think, and if community policing is important to them."

Community policing was a

key facet of former police chief Devon Chunis' mandate, and Sabourin expects his successor, Danny Smyth, "will want to continue those programs,"

which includes the city's cadet complement.

Sabourin said "bells and whistles" like the cadet program or community outreach efforts are the first to go if funding doesn't increase enough to keep current service levels.

"To a certain extent (the door-knocking) is more to affirm and to back up some of the information we've received already," Sabourin said.

"It's to find out if community policing is as important to (Winnipeggers) as what we've learned."

From his perspective, proactive policing tools and the cadets are vital to controlling the city's crime rates, and its budget.

Cadets manage things like traffic control and accident scenes while costlier officers are free to respond to more important calls elsewhere, Sabourin explained, adding that those calls for service "continue to spiral out of control."

+ FUNDING

The 2017 budget, which will be released in two weeks, is expected to contain departmental increases that are tied to the rate of inflation or even less — an effort from mayor Brian Bowman and the Winnipeg Police Board to introduce some sustainability to the service's ever-increasing budget.

"Since 2007, we've seen an increase in calls for service of 25 per cent and it continues to rise," he said.

"It really comes down to what the citizens want... Cut the proactive policing portion, and I think you'd see service diminish greatly."

Currently, the union is in contract talks with the city.



Since 2007, we've seen an increase in calls for service of 25 per cent and it continues to rise.

Moe Sabourin

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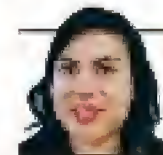
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UNIVERSITY OF MANITOBA

Faculty stays on picket lines



Jessica Botelho-Urbanski
For Metro | Winnipeg

The University of Manitoba's faculty will return to the picket line on Monday, marking day five of the labour dispute with the administration.

On Friday afternoon, the University of Manitoba Faculty Association (UMFA) picketed in front of the university's administration building on the Fort Garry campus alongside students, other supporters in the labour community and members of the Canadian Association of University Teachers, which represents faculty associations from across the country, said UMFA president Mark Hudson.

"While we think we're getting our message out fairly clearly to the public and to students... it seemed to us through the process of negotiation that that message wasn't being heard clearly in the administration and so we thought we would take it right to the front door and say it as loud and as clearly as we possibly could," Hudson said.

According to the university registrar's list, hundreds of classes are still ongoing, some of them taught by the approximately 270 sessional



UMFA say they want "a greater say over ever-increasing workloads, appropriate use of metrics in evaluation, and job security." JOHN WOODS/THE CANADIAN PRESS

instructors the university employs and others by student teachers. UMFA comprises about 1,200 professors, instructors and librarians.

There are at least 100 engineering classes still happening, according to the university's online list.

Joe LoVetri, head of the electrical and computer engineering department, confirmed that most of the engineering professors have crossed the picket line and continue to teach. In LoVe-

tri's department, there are five professors striking and 27 who have crossed the picket lines, he said.

"I think, historically, engineering professors have been like that as well as the computer science professors. (They) have all pretty much stayed," LoVetri said. "I'm head of the department so myself, I thought I should go with the majority of what the department does. But it's not something that's easily explainable in one line."

Post-election diplomacy

Canada's neighbour elects a new president on Tuesday with either Hillary Clinton or Donald Trump to take up residence in the White House. Each are proposing different agendas for the U.S. that pose questions, opportunities and challenges to cross-border relations. THE CANADIAN PRESS

HILLARY CLINTON

Connections

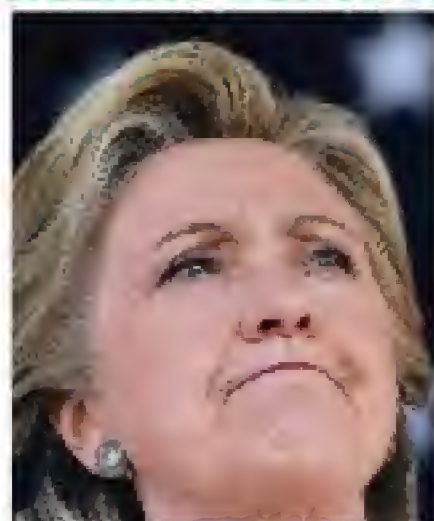
Clinton is a known quantity to Canadian officials from her time as a U.S. senator and secretary of state, which has also given her an understanding of Canada's role in the world, says Gordon Giffin, a former U.S. ambassador to Canada.

Trade

Frustrations over the long-running dispute over softwood lumber could receive a boost with Clinton in the White House, as Giffin predicts Clinton would want to resolve the years-long impasse with a long-term agreement. Clinton is also likely to look for changes to the Trans-Pacific Partnership having expressed criticisms on the campaign trail to maintain support from Bernie Sanders backers.

Immigration

Canada could find itself an ally in Clinton over efforts to relocate thousands of Syrian



AFP/GETTY IMAGES

refugees in Jordan, Turkey and Europe. During the last year, more than 33,000 Syrian refugees have come to Canada; the federal immigration department reports, including about 12,000 privately sponsored refugees. Clinton wants to increase the number of Syrian refugees entering the U.S. annually to 65,000 from 10,000, and is apparently considering creating an American version of Canada's private-sponsor system.

Pipelines

Clinton has suggested on the campaign trail that she wouldn't be in favour of the Keystone XL pipeline, which Barack Obama rejected last year shortly after Trudeau officially took office. The position is a recent one for Clinton, suggesting an opening for Canadian officials.

Overall

Despite Canada's best efforts, Canadian interests could be sidelined while Clinton deals with more pressing domestic issues like resistance to her supreme court nominees, FBI agents looking through her emails, congressional Republicans who will work to thwart her agenda at every turn.

Coupled with her international obligations like involvement in the Middle East and Asia, Clinton may be hard-pressed to find a lot of time for major new issues in the Canada-U.S. relationship.

DONALD TRUMP

Connections

As a self-described outsider of American politics, Trump would have few connections to the Liberal government in the Great White North. Trudeau would have to build a relationship with a man who he has suggested holds different values than himself. And Trump has bashed Canada at various points during the campaign, specifically on health care.

Trade

Trump has been adamant that NAFTA will be no more if he can't have the document amended to his liking, and is against the Trans-Pacific Partnership. Cross-border trade could be thrown into disarray if he follows through on the promises, with officials left to sort out a tariffs regime.

Security

Canada's Syrian refugee policy could complicate work to



AFP/GETTY IMAGES

make it easier to move goods and people across the border given Trump's proposals for "extreme vetting" of Muslims from countries with terrorist ties, or to suspend visa to citizens from countries with inadequate security screening. Trump is also promising to finally implement a biometric entry-exit visa tracking system.

Pipelines

Obama rejected the Keystone

XL pipeline project one year ago, saying it wasn't in his country's national interests. The project, which would ship Alberta bitumen down to the U.S., would be given new life if Trump was president. Trump wants TransCanada to revive its application for the pipeline, which could be good news for Alberta's economy and oil companies in Canada that want a pipeline built in the coming years.

Overall

Canadian public opinion polls that show respondents favour Clinton over Trump, it's not farfetched to say the Liberals are hoping the Republican candidate doesn't win on Tuesday.

Giffin says a Trump presidency wouldn't be a fatal blow to Canada-U.S. relations: The relationship may be a little rough at the outset based on Trump's tough stances on trade and immigration, but would smooth out over time.

IMMIGRATION

UN campaign shines light on private sponsorship program

The Al Zhouri family arrived in the Nova Scotia town of Antigonish last January as part of the first wave of Syrian refugees to Canada.

The five-member clan had lost a home and the family construction business due to fighting in the city of Homs. They were clinging to hope after three years spent struggling to survive in Lebanon.

But nearly 10 months after arriving in Canada as privately sponsored refugees, the Al Zhouris are thriving. Father Toufic, a carpenter by trade, is making plans to rebuild the family business. Mother Rabiaa, a teacher who launched an alterations and upholstery business, recently completed a rush job sewing names and numbers onto the jerseys of the St. Francis Xavier University's men's ice hockey team.

The three children, Majd, Aghyad and Ranim are busy with high school studies, making up for the time they lost in between their old home and their new one.

"Now I am more than proud to say that Antigonish is our second home, Majd, 20, said in a recent interview. "Everyone in my family agrees with me."

The Al Zhouri family's ex-



Majd Al Zhouri and his brother, Aghyad, with Prime Minister Justin Trudeau. The Al Zhouri family are Syrian refugees who were resettled in Antigonish, N.S. CONTRIBUTED

perience as privately sponsored refugees — as well as those of several other families across Canada — is being highlighted internationally by the United Nations High Commission for Refugees (UNHCR) in a public-city campaign set to launch in mid-November.

The campaign will feature a number of Syrian refugee families who have settled across Canada over the course of the last year, officials said. The production crew has filmed in Nova Scotia, Ontario and the Yukon, among other places.

The goal of the campaign

is to promote a unique-in-the-world program that allows Canadian sponsors to apply to bring specific refugees to the country with the understanding that all basic expenses and resettlement support will be provided for one year after their arrival. Hundreds of thousands of refugees have arrived under the program since its creation in 1979.

"With the current desperate global refugee situation and high rates of vulnerability, UNHCR has been calling for more solidarity with refugees and showcasing Canada's private sponsorship as a model," said Johannes van der Klaauw, the UN agency's representative in Canada.

"The public involvement in welcoming and assisting in the integration of refugees into Canadian communities makes this program an example to emulate."

As of Oct. 23, the federal government says that 33,239 Syrian refugees have been resettled in Canada. Of that number, 17,437 have been sponsored by Ottawa while a slightly smaller number, 12,402, have been privately sponsored by family members or community and church groups across the country.

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Global digest

SYRIA

Shelling of preschool kills six children

Syrian activists say a rocket or mortar barrage struck a preschool in an opposition-controlled suburb of the capital, Damascus, killing at least six children.

The activist-run Unified Medical Bureau of Eastern Ghouta reported the death toll and said medical facilities in the suburb of Harasta received tens of wounded children and adults following Sunday's shelling.

The locally-run Education Directorate said government forces struck during recess. It said more than 25 children were wounded in addition to the six killed. The Britain-based Syrian Observatory for Human Rights also blamed government forces for the strike. THE ASSOCIATED PRESS

LIBYA

Captured Canadian safe in Italy, says employer

The employer of a Canadian citizen who was kidnapped in September in Libya says he's doing physically well after his release.

A spokeswoman for the Montreal-area Aeronav Group added the company doesn't know when Frank Poccia will be back in Canada. Poccia and two Italian men were taken hostage in Ghat, in southwestern Libya, on Sept. 19. They were freed and brought to Italy early Saturday morning.

All three men were described as technicians involved in projects at the airport in Ghat.

THE CANADIAN PRESS

INDIA

Crippling air pollution prompts new measures

India's capital announced a slew of measures Sunday to combat the crippling air pollution that has engulfed the city, including closing down schools, halting construction and ordering that all roads be doused with water to settle dust.

New Delhi, one of the world's dirtiest cities, saw levels of PM2.5 — tiny particulate matter that can clog lungs — soar to over 900 micrograms per cubic meter on Saturday. That's more than 90 times the level considered safe by the World Health Organization and 15 times the Indian government's norms. The severe week-end pollution followed a week of constant grey smog.

New Delhi's chief minister,

Arvind Kejriwal, said on Sunday that schools would be shut for three days, and all construction and demolition activity halted for at least five days. He also said a coal-fueled power plant on the edges of the city would be shut for 10 days. The other measures announced include a 10-day ban on the use of all diesel-powered electricity generators, except at places such as hospitals and cell-phone towers. Starting Thursday, all major roads in the city will be vacuum cleaned once a week, Kejriwal said.

The chief minister also said people should avoid going outdoors until the pollution levels drop and should try to work from home. THE ASSOCIATED PRESS



Young Indian runners take part in the New Delhi 10K Challenge amid heavy smog in New Delhi, India on Sunday. AFP/GETTY IMAGES

Web, not TV, place for instant reports

★ U.S. ELECTION ★

Projects aim to get results before the polls close

Watching the election will never be the same. While many will still tune into cable networks to follow the U.S. presidential results after voting ends, new technology and a breach of an unwritten rule in media mean some people will already have a good idea of the winner.

Real-time voting results, using methods that mimic internal campaign projections, will be publicly available for the first time Tuesday. At the same time, two projects with competing visions of election rigging have announced their intention to use web platforms to report voting irregularities as they happen.

VOTE TALLIES ON THE FLY

For decades, by convention, American television networks have refused to report exit poll data before voting closed in a particular state, under the belief that it might influence electors. This year, Slate is breaking that taboo — and taking it further.

Instead of using exit polls, which have proven to be notoriously inaccurate, Slate is teaming up with pollsters and digital strategists recruited from both parties to publish election results while the polls are still open.

The project, called Votecast, conducts extensive polling be-



Ballots being cast during early voting in Augusta, Georgia. THE AUGUSTA CHRONICLE VIA THE ASSOCIATED PRESS

fore the election, producing a detailed picture of likely outcomes in selected districts and even individual voting stations. Then thousands of workers are deployed to report voter turnout over the course of the day.

By combining live voter turnout with the earlier polling, Votecast can gauge if Donald Trump voters have decided to stay home. This method, employed by presidential campaigns for decades, has proven to be remarkably accurate.

VOTE SUPPRESSION

Prompted by a wave of Republican-sponsored legislation that critics contend makes it harder for visible minorities and the poor to vote, Electionland is stitching together a network of computer programmers, observ-

ers and reporters across the U.S.

The initiative will gather leads on problems — gleaned from Internet searches, social media and volunteers on the ground — and pass them to local reporters. By tweeting out the stories produced, the project hopes to document long lines, machine breakdowns, ballot confusion, fraudulent voting and intimidation.

VOTER FRAUD

On the other side is a project premised on Trump's contention the election is "rigged" and individual voter fraud could affect its outcome. A group calling itself the Vote Protectors will deploy volunteers on election day to conduct exit polls in an effort to "defeat the ever-growing corruption." TORSTAR NEWS SERVICE

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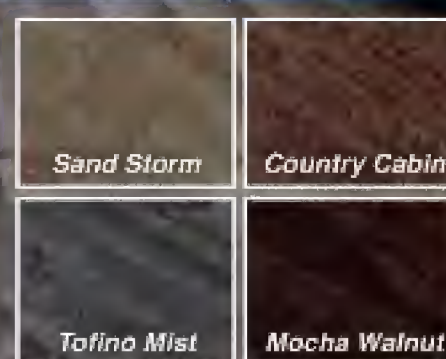
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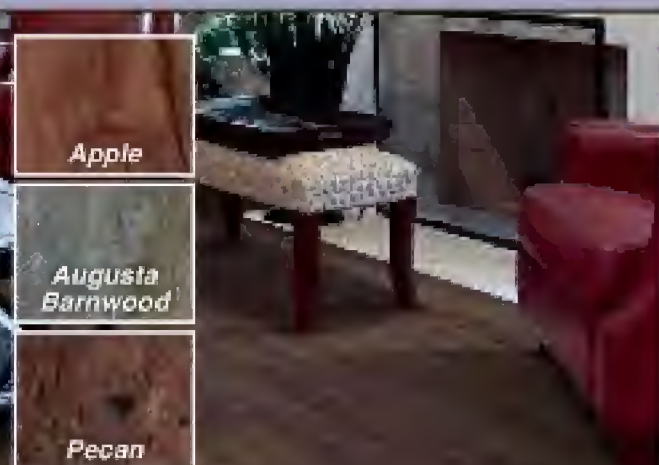
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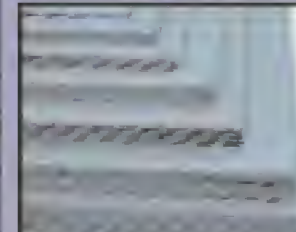
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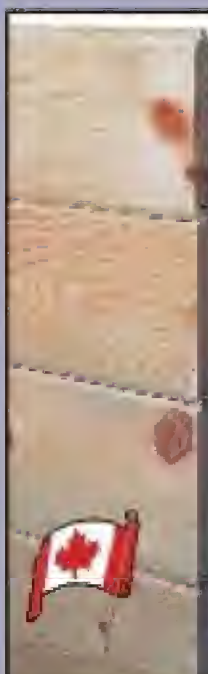
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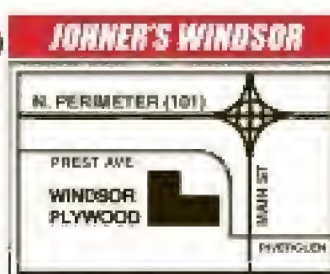
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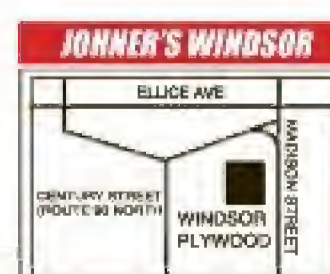
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Switching advisors no easy task

FINANCE

Leaving your adviser? It may help to be upfront

When Deborah Ison decided to break up with her financial adviser last year, investment performance had nothing to do with her decision.

The 45-year-old human resources project manager from Burlington, Ont., was in the midst of a divorce and went to her adviser with pressing questions about her financial obligations. But rather than addressing her concerns, she says, he quizzed her on investment risk tolerance and retirement goals.

It was then and there that Ison decided to make a switch.

"I had walked into this office pretty much a broken person. My entire future had done a 180. I didn't know how I was going to pay my mortgage or my bills or my debts," she says.

"The furthest thing from my mind was my retirement. It seemed like an obtuse and insensitive question for him to



Experts say it's unwise to abruptly end a relationship with your financial adviser without having a new adviser waiting. iStock

be asking me."

Rona Birenbaum, a fee-only financial planner with Toronto-based Caring for Clients, says

experiences like Ison's are often the catalyst for calling it quits with an adviser.

"There's two things I always

hear: 'I feel like I'm always being sold to,' or 'I feel like I'm being talked at or talked over.' And so it's a relationship mat-

ter," she says.

Notably, Birenbaum adds, clients' expectations have changed over the last 10 years.

"Whereas investors once looked to their adviser for pure investment advice, they're now demanding more," she says — whether that's tax efficiency, debt payment tips, choosing to invest with RRSPs or TFSA's, or questions about what type of lifestyle they can afford right now.

Tom Feigs, a money coach in Calgary, says that if you do find yourself at a crossroad with your adviser, take the time to figure how your expectations aren't being met.

"Be clear if it's fees or communication and if it's something that can be fixed," he says.

By no means should people abruptly end the relationship without having a new adviser waiting in the wings. Feigs stresses, "You don't want to be in limbo."

If you're firm on leaving your adviser, says Birenbaum, it's often worthwhile to be honest and upfront about it. While you're under no obligation to do that — a new adviser can handle all the transfer paperwork — it could save time and money. Many investors are surprised by the out-of-pocket expenses that can come with switching advisers.

THE CANADIAN PRESS

UNITED KINGDOM

Brexit plan requires unity, says Prime Minister May

British Prime Minister Theresa May has shrugged off an adverse court ruling on her government's plans to leave the European Union and maintains that Brexit will be carried out in full.

She used a Sunday Telegraph column to say her government will "get on with the job" despite a High Court ruling requiring her to seek parliamentary approval before triggering the exit process. May says the government hopes to win a reversal of that decision before the Supreme Court because an important principle is at stake.

She says Parliament voted to put the decision on EU membership "in the hands of the people" in the June 23 referendum, the vote was decisive in favour of leaving the 28-nation bloc and that choice must be respected.

Brexit offers a "great national opportunity" to "forge a bold, confident global future for Britain," said May, who spoke out in favour of staying within the EU during the hard-fought referendum campaign.

Despite May's optimism, the High Court ruling risks delaying the Brexit process that May has

pledged to formally begin by the end of March.

Some in Parliament are pressuring her to spell out Britain's negotiating position before Parliament, which she refuses to do.

May's plan to invoke Article 50 to formally begin the divorce from the EU before April is almost certain to be opposed in Parliament by Scottish National Party lawmakers. Scotland's Brexit minister said Sunday. Unlike much of the UK, Scottish voters expressed a preference for staying inside the EU.

THE ASSOCIATED PRESS

ARCTIC

Town defies icy conditions with hydroponic farming

The landscape is virtually treeless around a coastal hub town above Alaska's Arctic Circle, where even summer temperatures are too cold for boreal roots to take hold.

Amid these unforgiving conditions, a creative kind of farming is sprouting up in the largely Inupiat community of Kotzebue.

A subsidiary of a local native

corporation is using hydroponics technology to grow produce inside an insulated shipping container equipped with LED lights. Arctic Greens is harvesting kale, various lettuces, basil and other greens weekly from the soil-free system and selling them at the supermarket in the community.

"We're learning," Will Ander-

son, president of the Native Kiktagruk Inupiat Corp., said of the business launched last spring. "We're not a farming culture."

The goal is to set up in other rural communities — where steeply priced vegetables can be more than a week in transit and past their prime by the time they arrive. THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I took in a bloodhound who lunges and howls, and when she shakes her head, it sends cascades of drool on people and other pooches. What to do?

Dear Ellen,

I recently ended up taking care of a bloodhound who needed a home.

I live downtown in a building with other dogs and elevators. Sometimes my dog is great. But other times, even at the dog park, she lunges and howls at other dogs. Then, frequently, she shakes her head sending cascades of drool flying into the air that land on people and pooches alike (this is also a frequent problem on any elevator trip).

Other than dragging her away with head slightly lowered and apologizing profusely, what can I say to someone in this situation?

Regards, polite owner of a rude, soggy doggy

Dear Polite Owner,

This letter is going to be a challenge for me, because I hate dogs. To be more accurate, I hate other people's badly trained dogs. They bark incessantly. They jump up on my clean clothes and their claws pull threads in my sweaters. Their breath stinks. Their fur stinks. They pass gas in the car. They lick their private parts, then shove their snouts in your face. Most revolting of all these behaviours is when they drag their rumps across the floor trying to scratch a posterior itch. I've been bitten twice.

I've never been struck by flying bloodhound drool, but I will gladly add that disgusting possibility to my list of reasons to hate canines.

I hate other people's badly trained dogs.

Now that I've got all that off my chest, I'll back up and say, okay, I don't actually hate dogs. I grew up with a border collie, who shed and stank and nipped at the heels of a passerby once in an irrepressible herding instinct, which got him sent to the farm. (Not a euphemism in this case. I saw pictures of him on the farm and he seemed happy there.) But I still loved him, so I understand how other owners might not view their own pets as the demon spawn I think they are.

It's similar to the problem of noisy, aggressive, badly trained children. They can be repulsive and nobody wants to be around

them, but it's their keepers who must be held accountable.

Thus with your bloodhound. It's considerate of you to notice the discomfort of others when your beast lunges at people and sprays them with saliva. But feeling bad about it isn't good enough. And few things are more annoying to us victims than a dog owner shrieking "Oh god I'm so sorry no REXY no!" the whole time we're being subjected to a barking, lunging, expectorating hound.

The proper etiquette here is to keep the dog away from anyone she might bother. Make sure you ride alone in the elevator, step-



© Ani Castillo

ping off if necessary when someone else gets on. Avoid other people and their dogs in the park. In situations where you can't avoid proximity to human spittle targets, put a muzzle on your mutt. If you refuse to use a muzzle, walk the dog at 4 a.m. when no one else is around.

Inflicting a badly trained dog on other people is not only rude. It's also unfair to well-trained dogs, who get lumped in and demonized with the bad ones. If you can't do it for us humans, do it for dogkind.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Time to get baking, Bill: What we should expect from the first First Man

Someone on Twitter joked that Hillary Clinton should ask Michelle Obama to stay on as first lady. It's not a bad idea: The Obamas are staying in Washington, D.C., after Barack leaves the Oval Office, so it's not like the commute will be too difficult. Instead, we're looking at getting Bill Clinton as first gentleman.

Personally, I want to see Bill Clinton reading to children in the Rose Garden. I want him on morning shows talking about his love for organic honey. I want media coverage of his health regimen and decorating style. I want to call him Bill or Billy Boy or Grandpa Bill.

I want Bill to do what Hillary did for him: Put aside decades of expertise and support the office of the president. For most of their marriage, Bill's career has defined their lives. As Hillary has ascended into the political forefront, Bill has occupied his time with charity initiatives and speaking gigs.

There have been policy-minded first ladies, but they have traditionally wielded soft power. When they attempted to be a much more political presence, they've been rebuffed. Eleanor Roosevelt worried being first lady would be constricting, but more than any other, she made the role into a public and positive good.

Lady Bird Johnson perfected this template. A

shrewd businesswoman and political mind, Lyndon B. Johnson's wife lobbied Congress on beautifying the nation's highways. It wasn't exactly a hard sell, but the experience she gained there became an asset when she campaigned for her husband's legislative agenda, especially the Civil Rights Act.

Hillary Clinton tried to walk a similar line. As first lady, she travelled the country to advocate for health-care reform. Her popularity plummeted. Afterwards, she switched to a softer focus on children's health and international human rights.

Each first lady has innovated on the job, and it may soon be Bill's turn. His historic role should be a chance to redefine masculinity. Not only do little boys and girls need to see what a female president looks like, but also what it means for her to be supported fully by her partner.

So I want to see Bill Clinton on Ellen DeGeneres dancing away. I need to see his Snapchats from inside the White House kitchens. I demand that Bill Clinton head down to Sesame Street to teach us about the letter P.

Of course, it must be said that if the forces of evil triumph, Melania Trump will likely be a traditional first lady. She has already pitched that one of her causes would be to tackle cyberbullying. Maybe she'll start by changing Donald's Twitter password.

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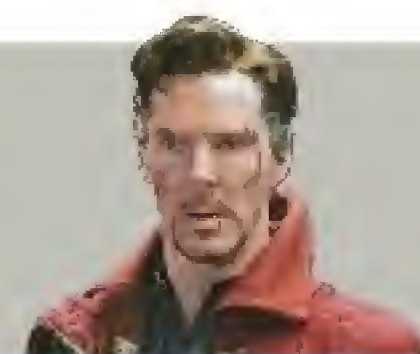
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PHILOSOPHER CAT
by Jason Logan

MANNERS ARE A SENSITIVE AWARENESS OF THE FEELINGS OF OTHERS


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Rise of everyday heroines

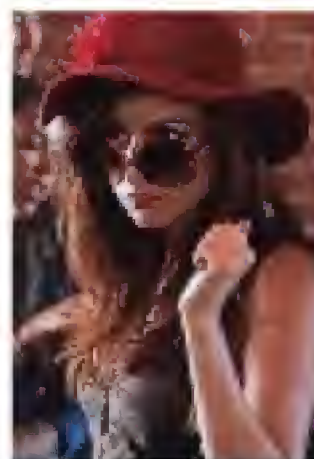
From lawyer to doctor, detective to superhero, queen to witch, television is rife with powerful women. But sometimes they're too competent, too successful, too unnaturally beautiful for us to connect with them. Enter — the reasonably competent heroine. She can be sassy, inappropriate, insecure or indecisive, but she is always heartbreakingly real. Watching her is fascinating, instead of frustrating. **TORSTAR NEWS SERVICE**



JANE THE VIRGIN

Jane Villanueva

The title character in a Latina-dominated show, Jane (**Gina Rodriguez**) knows her dreams and stops at nothing to attain them. Never mind the fact she is raising a newborn child, juggling a complicated love life, attending grad school and, at 24 years old, still figuring out who she is and where she's going. She is goofy, easily excited and emotional, and she is utterly lovely.



YOU'RE THE WORST

Gretchen Cutler

She's lazy, brash and doesn't always know how to be a professional. You're the Worst's anti-heroine represents all that is good and bad about being a young woman, and does so sharply and cleanly, with the shaky self-awareness that characterizes so many of us. Most poignantly, Gretchen (**Aya Cash**) has a believable depression diagnosis, one that makes her neither victim nor villain.



SHAMELESS

Fiona Gallagher

Emmy Rossum's Fiona is a rough-and-tumble, take-no-prisoners young woman in her 20s with a large heart and a small wallet who tries to manage her family, a job, a relationship, a social life and her absent, belligerent father. Fiona's human traits — her impulsiveness, her perpetual exhaustion, her dirty sense of humour — only make her life all the more relatable.



CRAZY EX-GIRLFRIEND

Rebecca Bunch

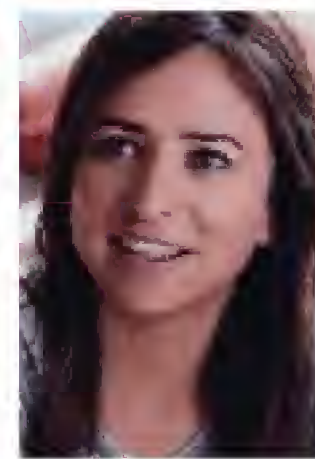
This satirical musical comedy pokes fun at the sexist phrase its name derives from while dispelling stereotypes and celebrating the unusual. Protagonist Rebecca (**Rachel Bloom**), who decides on a whim to leave a high-paying New York job to move to sleepy West Covina, Calif., where her ex-boyfriend lives, is at times high strung, awkward, overzealous, oblivious and over-emotional, but these traits do not make her "crazy." Rebecca's penchant for goodness remind viewers that following wild dreams is sometimes just what we need.



THE MINDY PROJECT

Mindy Lahiri

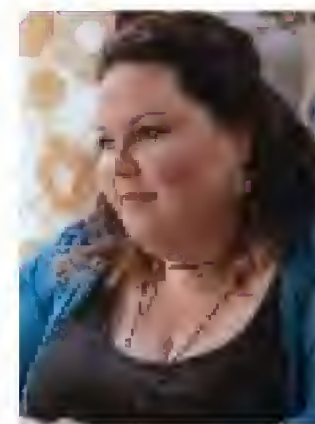
When her soon-to-be husband suggests Mindy (**Mindy Kaling**) stay home with their son, the doctor reminds him that work is also crucial to her identity as a woman and the two realities need not be mutually exclusive. She lives for the superficial and the unhealthy but her competent quirkiness is what makes her so lovable.



BETTER THINGS

Sam Fox

Struggling actress and single mom Sam (**Pamela Adlon**) is exhausted. Trying to raise three daughters alone, navigate a love life and a career, and keep one's head above water isn't easy for anyone, but Sam trucks through with a quirky cynicism and emotional depth lightened by refreshing optimism and humour.



THIS IS US

Kate Pearson

Kate (**Chrissy Metz**), who struggles with feelings of low self-esteem, seems an ideal heroine for this list. She manages the good feelings and the bad as they come: she is often insecure and occasionally hot-tempered, but she is passionate about nurturing her new relationship, and is a loyal, steadfast support to her twin brother.



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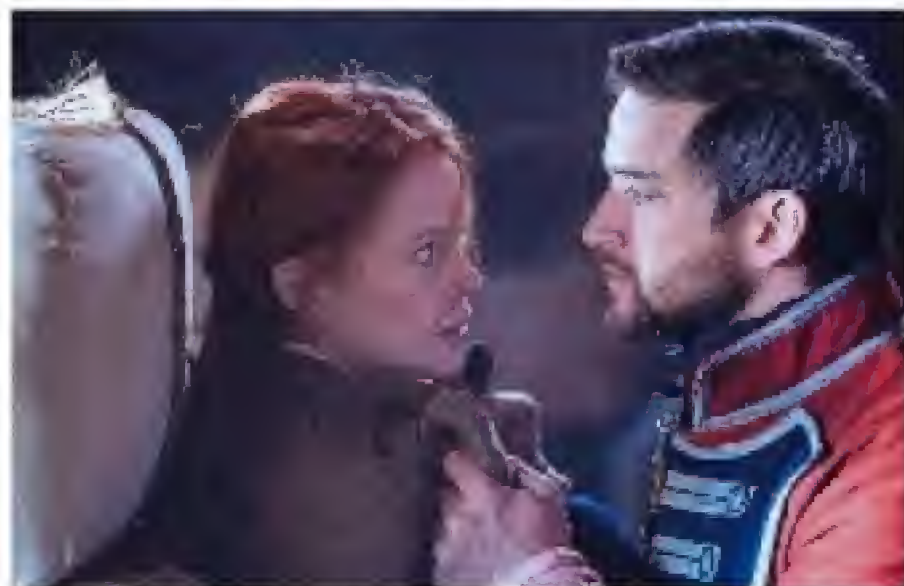
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JOHANNA SCHNELLER
WHAT I'M WATCHING



In the first season of Discovery's *Frontier*, Captain Chesterfield, played by Evan Jonigkeit, plots with tavern owner Grace, played by Zoe Boyle. CONTRIBUTED

Plotting and deadly betrayal

THE SHOW: *Frontier*, S1, E2 (Discovery)

THE MOMENT: The Alliance

In the late 1700s, the fur trade monopoly that England has enjoyed in Canada via the Hudson's Bay Company is being threatened by American, Scottish and French interests. Captain Chesterfield (Evan Jonigkeit), a British soldier who just killed a Scotsman for undermining the HBC, plots with Grace (Zoe Boyle), a tavern owner — and information trader — in Fort James.

"Interesting approach you have to problem solving," Grace says. "I respect a man whose actions are decisive. Have you given our partnership some thought?"

"What do you have in mind?" Chesterfield asks.

She suggests skimming a few bundles of pelts from each shipment that comes into the fort.

"How exactly does this lead to me becoming governor?" Chesterfield asks.

"If you want to be in charge,

you'll need money, and plenty of it," she answers. "And you'll need to discredit Lord Benton in the eyes of London."

This Canadian-American co-production is Discovery's first original scripted series (in the U.S., it airs on Netflix). Handsomely made, populated with great-looking, mostly young actors, and knee-deep in blood thanks to near-constant hacking (knives, hatchets, etc.), it clearly aspires to be a non-fiction *Game of Thrones* (*Game of Furs?*).

But thanks to its many scenes of backroom plotting, its ever-shifting alliances and deadly betrayals, the series *Frontier* reminds me of most is a hyper-real, period version of ... *Survivor*.

Imagine the promo: "Survivor 1770: The New World. Rival groups of telegenic people compete for scarce resources in the wilderness, doing whatever it takes to stay alive." Count me in.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Don't skip out on a home inspection

REAL ESTATE

Work with a qualified professional before investing

Gail Vaz-Oxlade
For Metro Canada



There's an alarming trend among the people who are desperate to get into the housing market: they skip a home inspection or, having had one done, they completely ignore the report.

It makes no sense to put good money down on what will likely be your single biggest investment without getting a professional opinion on the state of property you're considering.

Hire a good home inspector. Please. Currently, only British Columbia and Alberta regulate home inspectors, although Ontario may jump on this bandwagon shortly. Home inspectors are a dime a dozen, and some are downright awful. But a good one can help you feel confident in laying down your buck-sixty-two.

Home inspectors come in various shades and styles, from highly educated and accredited to not so much. Ask about their experience. Check to see if they are members of associations. Ask to see what their inspection report looks like before you buy from them. You do get what you pay for; if you're coughing up less than \$350 for your home inspection, you're probably not getting the best advice.

Home inspectors won't find everything. They can't see behind walls. If there's been a re-



Your home inspector should provide you with peace of mind, giving you an idea of things that will need to be replaced or repaired in your new home. ISTOCK

cent mold clean-up, there may be no signs. Mice droppings under floorboards won't be spotted, either.

But working with a good inspector means you'll get a heads-up on what will need replacing when, and approximately what it will cost. That'll help you decide what you'll need to set aside for home maintenance. If there's a big cost coming, like the replacement of a roof or furnace, you can use that information to negotiate the sale price. (Yeah, I know, not gonna happen in a seller's market, but at least you'll know

there's more money going out the door in the not too distant future so you can plan for it.)

A home inspection should take three to four hours. Be there every step of the way. You should end up with a very detailed report that shows all the deficiencies and comments on all the features of your home that may need attention.

As you walk around with your inspector, ask every question that pops into your head. Suck every drop of information that you can out of the inspection experience.

At the end of the day, the home inspection should provide you with peace of mind.

Depending on the season, there may be things you just can't check. When I turned on my outside taps in the spring, my inside line was leaking. But there was no way for the home inspector I worked with to know this, since I bought the house in the dead of winter. I just sucked it up and got it fixed.

For more money advice, visit Gail's website at gailvazoxlade.com



WINNIPEG
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with Janet Stewart
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news

 YOU CAN DO THIS MENTAL HEALTH COUNSELLING

Helping teens, adults in crisis

WHY I LIKE MY JOB

Véronique Perrin, 34, Mental Health and Addictions Counsellor in Montreal, Que.

One of my best childhood friends lived with a parent who had a co-occurring disorder, which is a combination of a substance abuse problem with a mental health issue, such as depression or anxiety. Just seeing how it affected my friend and her family truly stuck with me. Things eventually got better; however, I still found it troubling that so many others were grappling with mental illness and addiction — with little to no support.

In 2004, I enrolled in the one-year mental health and addiction diploma program at La Cité collégiale in Ottawa. This program helped me to understand how people cope with mental illness, as well as what can be done to help these individuals lead more productive and fulfilling lives. Since 2006, I've been supporting women and youth through their efforts to combat addictions to alcohol, prescription drugs and street drugs.

I'm very proud to work in one of the fastest-growing career sectors in Canada. I love being able to educate teens and young adults, specifically, on important topics such as suicide prevention, anxiety and bipolar disorder. It's important that youth culture knows about people like me, who are compassionate and genuinely care for their well-being. We're here to help, listen, observe and provide the appropriate treatment and consultation for clients in crisis.



THE BASICS:

Mental Health Counsellor

\$52,232

Median annual salary. With more experience, total pay ranges as high as **\$77,000** annually.

+17%

Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, trade-schools.ca, jobbank.gc.ca and onetonline.org.

HOW TO START

Most mental health and addictions programs are offered at the college level, allowing students to participate in field placements and co-ops that teach valuable skills in crisis management, client assessment and therapeutic techniques. However, some employers may exclusively seek candidates with a degree in nursing or occupational therapy. In most cases, organizations will value individuals with prior volunteer experience.

WHERE YOU CAN GO

According to the Government of Canada, one in five Canadians is affected by addiction or mental health problems, whether personally or through a close friend or family member. As such, job opportunities exist in a range of settings including treatment facilities, residential care facilities, mental health agencies, schools, group homes and therapy clinics.

NEXT CAREER STEP

The mental health and addictions field is continuously growing, enabling professionals to specialize in several areas. Many opt to help particular subsets of people. Others see the benefit in pursuing masters-level education in counselling to obtain certification with the Canadian Counselling and Psychotherapy Association, which connects experienced counsellors with exclusive educational programs and professional development opportunities.

I NEED:

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Jets crash, burn in N.Y.C.

NHL

Second-period flurry spurs Rangers to 5th straight win

J.T. Miller, Jesper Fast and Pavel Buchnevich scored 4:04 apart late in the second period to lead the New York Rangers over the Winnipeg Jets 5-2 on Sunday night for their fifth straight victory.

Kevin Hayes and Mats Zuccarello also scored, Kevin Klein and Brandon Pirri had two assists and Henrik Lundqvist stopped 24 shots as New York won for the eighth time in nine games. The Rangers, who lead the NHL with 55 goals and 4.23 per game, have scored at least five in each game of their winning streak.

Patrik Laine and Mark Scheifele scored for Winnipeg, which has lost four of its last five (1-3-1). Connor Hellebuyck started and gave up four goals on 16 shots before he was replaced late in the second period by Michael Hutchinson, who finished with one save.

After a scoreless first half of the second period in which Winnipeg had a 4-1 advantage on shots, the Rangers outscored the Jets 4-1 over the final 10 minutes.

Zuccarello took a pass from

Chris Kreider and fired a wrist shot from the left faceoff circle past Hellebuyck for his sixth to put the Rangers up 2-1 just past the midpoint of the period.

Scheifele tied it two minutes later as he pounced on a puck sitting in front of an open net after a shot by Paul Postma was stopped by Lundqvist. It was Scheifele's seventh of the season.

Miller skated up along the right side and fired a wrist shot over Hellebuyck's right shoulder for his fifth, putting the Rangers up 3-2 with 6:59 remaining.

Fast gave New York a two-goal lead with 3:36 left as he tipped a point shot by Klein from the

right faceoff circle for his second goal. That chased Hellebuyck and brought on Hutchinson.

Buchnevich made it 5-2 just

41 seconds later as he skated in from the right side, slid the puck from his backhand across to the left side as he crossed in front of Hutchinson and fired it over the sprawled goalie. It was Buchnevich's second of the season and second in two games.

The Jets controlled play in the scoreless third period, outshooting the Rangers 9-1, but couldn't get anything past Lundqvist.

The Jets had won four of their previous five at Madison Square Garden and fell to 18-10-2 all time at MSG.

Winnipeg hosts Dallas on Tuesday night.

THE ASSOCIATED PRESS



Rangers defenceman Brady Skjei drives Jets centre Mark Scheifele into the boards on Sunday.

ADAM HUNGER/THE ASSOCIATED PRESS

IN BRIEF

Oilers pick up two points over Red Wings

Ryan Nugent-Hopkins scored a go-ahead goal late in the second period on an assist from Connor McDavid, giving the Edmonton Oilers a 2-1 win over the Detroit Red Wings on Sunday.

The Pacific Division-leading Oilers have won two straight, playing their first set of back-to-back games this season, after losing three in a row.

THE ASSOCIATED PRESS

Pampling wins Las Vegas jackpot with 30-foot putt

Rod Pampling won for the first time in 10 years on the PGA Tour when he closed with a 6-under 65 for a two-shot victory Sunday in the Shriners Hospitals for Children Open.

Pampling holed a 30-foot birdie putt on the final hole at the TPC Summerlin that clinched the victory.

The 47-year-old Australian last won on the PGA Tour at Bay Hill in 2006. THE ASSOCIATED PRESS

DeRozan's streak of 30+ points ends against Kings

An off night for DeMar DeRozan spelled trouble for the Toronto Raptors on Sunday.

DeRozan saw his streak of consecutive 30-plus point games end at five, scoring 23 points in the Raptors' ugly 96-91 loss to Sacramento Kings.

Former Raptor Rudy Gay led the Kings with 23 points. THE ASSOCIATED PRESS

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Flacco's Ravens edge Steelers

NFL

Roethlisberger delivers too late for Pittsburgh

The Baltimore Ravens frustrated longtime nemesis Ben Roethlisberger long enough to build a three-touchdown lead.

By the time Roethlisberger finally found his groove, it was too late. Joe Flacco threw a 95-yard touchdown pass to former Steeler Mike Wallace, and the Ravens beat Pittsburgh 21-14 on Sunday to snap a four-game losing streak. Baltimore (4-4) moved into a tie atop the AFC North with the Steelers (4-4), who have dropped three in a row.

Three weeks after undergoing surgery on his right knee, Roethlisberger returned well ahead of schedule. Playing for the first time since Oct. 16, the 13-year veteran looked out of sync until the fourth quarter, when he directed a 75-yard drive that got the Steelers to 21-7 with 8:38



Ben Roethlisberger falls in Sunday's game. GETTY IMAGES

remaining.

Before that, Pittsburgh's offence produced only two first downs and was limited to 69 yards. The Steelers totalled 36 yards rushing, 32 by Le'Veon Bell. Roethlisberger ran for a 4-yard score with 48 seconds left, but Chris Boswell botched the onside kick — barely knocking it off the tee — and Baltimore closed out its fourth straight win over Pittsburgh (including playoffs).

"The bottom line is we put

SUNDAY in Baltimore

21 **14**
RAVENS STEELERS

ourselves in a big hole with some adversity, some of which was created by us," Steelers coach Mike Tomlin said. After going 8 for 18 for 54 yards and an interception through three quarters, Roethlisberger finished 23 for 45 for 264 yards. Baltimore's only touchdown offensively came on Flacco's pass to Wallace, who was making his first appearance with the Ravens in this bitter rivalry after playing for Pittsburgh from 2009-12.

Wallace broke free on the left sideline, caught the pass in stride and outran safety Mike Mitchell to the end zone.

Flacco completed 18 of 30 passes for 241 yards to help Baltimore earn its first win since Sept. 25, at Jacksonville.

THE ASSOCIATED PRESS



EPL IRRESISTIBLE REDS WIPE OUT WATFORD TO GO TOP
Liverpool's Brazilian midfielder Roberto Firmino, centre, celebrates scoring his team's fourth goal with Senegalese midfielder Sadio Mane and Philippe Coutinho. Liverpool easily beat Watford 6-1 at Anfield. PAUL ELLIS/AFP/GETTY IMAGES

IN BRIEF

Murray wins Paris Masters

Andy Murray celebrated his rise to No. 1 by beating American John Isner 6-3, 6-7 (4), 6-4 on Sunday to win the Paris Masters for the first time.

It was his career best eighth title this season, his 14th in Masters overall, and ended Isner's bid for a first Masters title. Murray, who officially replaces Novak Djokovic at the top of the rankings Monday, now leads Isner 8-0 in their career meetings. THE ASSOCIATED PRESS

Impact through after beating NY Red Bulls

Ignacio Patti scored two goals in the second half to lead the Montreal Impact to a 2-1 win over the New York Red Bulls in the second leg of the MLS's Eastern Conference semifinal series Sunday.

With the win, the Impact advanced to MLS' Eastern Conference championship, where they will meet rivals Toronto FC. This marks the first time in franchise history the Impact have reached the Conference championship round. THE CANADIAN PRESS

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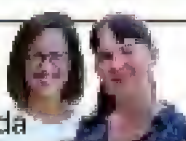
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RECIPE Slow Cooker Chicken Stew



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



A few minutes of prep in the morning means you'll be home to this quintessentially comforting fall dinner.

Ready in 6 hours 10 minutes

Prep time: 10 minutes
Cook time: 6 hours 10 minutes
Serves 4

Ingredients

- 6 chicken thighs
- 1 potato, peeled and cubed
- 1 Tbsp vegetable oil
- 2 onions, chopped
- 4 stalks celery, chopped
- 2 carrots, peeled and chopped
- 1 Tbsp fresh thyme (1 tsp dried)
- 1 or 2 bay leaves
- 1/4 cup flour
- 2 cups low-sodium chicken stock
- 1 cup fresh or frozen peas
- 1/2 cup light cream

Directions

1. In a Dutch oven or high-sided skillet, sauté onions, celery and carrots in splash of vegetable oil for about five minutes.
2. Add flour, thyme and bay leaves and stir for a minute. Add stock and stir until smooth. Simmer for 3 or 4 minutes until sauce thickens.
3. Add the potatoes and good pinch of salt and pepper.
4. Place chicken thighs in the bottom of slow cooker and spoon the vegetable mixture over. Seal and set for 6 hours.
5. Add peas and cream and cook for 10 more minutes. Serve plain or over mashed potatoes.

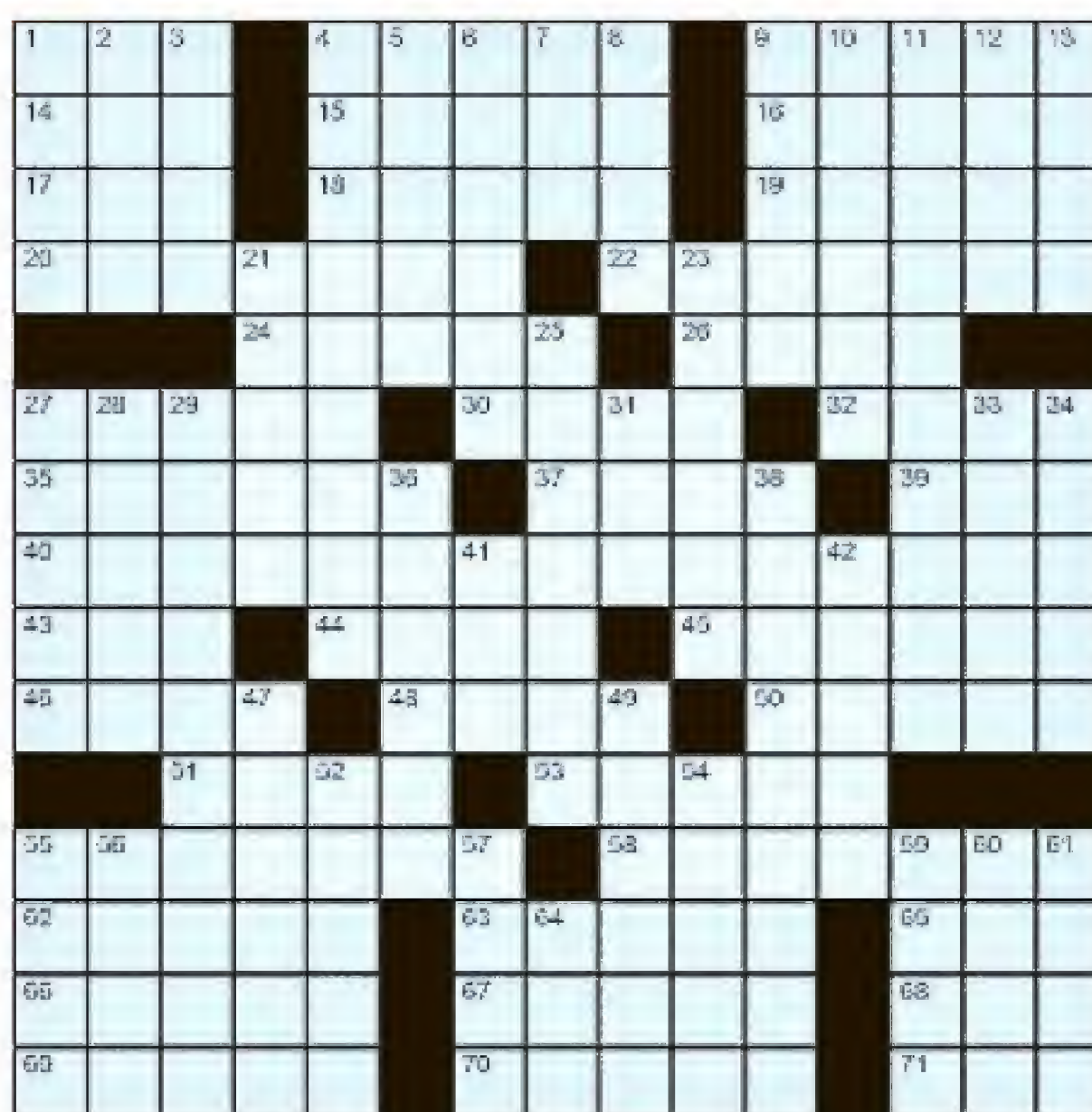
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Pea's packaging
4. _ and pains
9. Changes for another
14. _ Red (Apple)
15. Harsh
16. Phone-call-getter's first word
17. Canuck ID
18. Queen Elizabeth's fave dog
19. Permit
20. Ms. Locklear of "Melrose Place"
22. They're loaded with goods and lifted with forklifts in warehouses
24. _ Walker & Sons Limited (Canadian distillery based in Windsor)
26. Garden pest
27. Nova Scotia's _ Trail
30. New York baseball player, for short
32. Brooches
35. _ _ beck and call
37. Maraud
39. Montreal restaurant garlic
40. CBC sitcom about a Korean-Canadian family in Toronto: 2 wds.
43. Diplomatic bldg.
44. Maple _
45. Awkward, to the Aristocracy
46. Mr. Penn
48. Singer Ms. Clarkson, et al.
50. Hellenic language
51. Roast, in Quebec City



53. Repetition mark, in music
55. 'H' of HBC
58. Farm's morning caller
62. Bird-related
63. Helps in a heist
65. Rapsallion

66. Canadian hockey great Cam
67. Mount of the Bible
68. Mug part
69. Pub game
70. Leaves in text in editing
71. Sci-Fi life forms

DOWN

1. "That's silly!"
2. Garfield's dog pal
3. Ms. Bash, CNN Chief Political Correspondent
4. Building designer
5. Dove, for one

6. "Yahoo!"
7. One of a cartoon's dozen
8. Transport
9. " _ we dance?"
10. Become teary-eyed: 2 wds.
11. Loyalty
12. Conspire
13. Scatters seeds

21. Tunas, in Quebec City
23. Inquiring
25. Wonders
27. Special occasion sweats
28. " _ for Killing" (1967) starring Canadian actor Glenn Ford
29. Canadian aircraft manufacturer
31. Scottish refusal
33. Specialized calling, as in business
34. Streamlined
36. "The Social Network" (2010) screenplay writer, Aaron _
38. Doctor's determination
41. Socialite's 'born'
42. Across-the-Pond moneys
47. What an empty table shaker has in it, perhaps: 2 wds.
49. Calm
52. Broadway awards
54. Annoyed: 2 wds.
55. Round of applause
56. Iris spot
57. Ms. Jordan
59. Canadian _ (Chain store)
60. Send forth
61. Spinning stats
64. Fragment

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to enjoy the company of others, especially friends or members of groups. A female acquaintance, in particular, will be a positive encounter. Be friendly!

Taurus April 21 - May 21
Ask for what you want from others today, because you make a fabulous impression on bosses, parents and VIPs. (They might want to ask personal questions about you.)

Gemini May 22 - June 21
Travel for pleasure will delight you today. Do anything that gives you a sense of expanding your horizons and learning more about the world. Why not?

Cancer June 22 - July 23
Keep your pockets open, because you can benefit from the wealth and resources of others today. Someone might offer you cash, favors or a gift. Just say "Thank you!"

Leo July 24 - Aug. 23
This is great day to schmooze with others, including members of the general public. Relations with a close friend or partner also will be positive and expand your world in some way.

Virgo Aug. 24 - Sept. 23
Work-related travel will please you today because you will learn something new and different. Ultimately, this could lead to increased earnings for you. Yes!

Libra Sept. 24 - Oct. 23
This is a playful day! Enjoy social outings, sports events, coy flirtations, fun activities with children and anything to do with the arts. Lucky you!

Scorpio Oct. 24 - Nov. 22
You will see ways to make improvements at home or perhaps improvements to family relationships. You also will feel content to be at home among familiar surroundings..

Sagittarius Nov. 23 - Dec. 21
This is a strong day for writers and salespeople, because your communication skills are upbeat and positive. People want to be in your presence.

Capricorn Dec. 22 - Jan. 20
Look for ways to boost your income today, because they exist. In general, this is a great day for business and commerce.

Aquarius Jan. 21 - Feb. 19
Today the Moon is in your sign, working well with other planets. You feel content, confident and ready to work. Not only is it easy to be happy today, it's easy to work hard. Great combo!

Pisces Feb. 20 - March 20
You won't mind working alone or doing research today. Do something to reward yourself later.

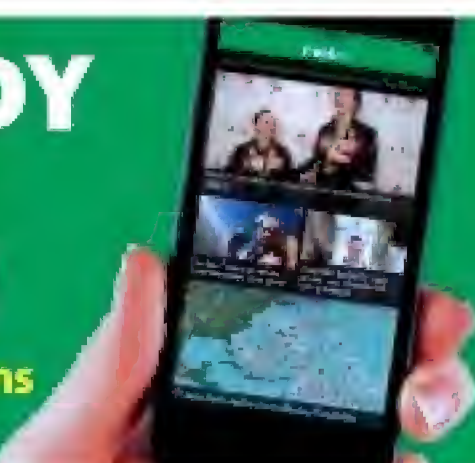
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	8	6					7	1

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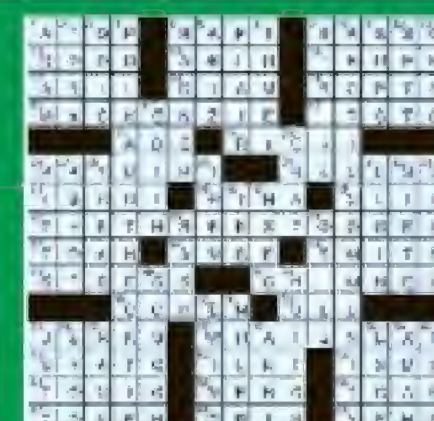
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3	5	6	9	1	4	7	8	2
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4	8	9	2	7	3	1	5	6

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